

LONGWATER



# 'Waves & Clouds' Tai Chi for Health

with Jane & Patrick Foley

Community Centre, West St SP2 0DG

## Wilton

## Wednesdays

10am & 12pm

ROOM 1

ROOM 2



**MEDICAL EVIDENCE  
PROVES IT WORKS!**

to find out more, visit  
[TaiChiHealth.INFO](http://TaiChiHealth.INFO)

**Beginners welcome any week**

No need to sign up for a regular class, just come when you can. Easy to follow mindful movements done slowly to music. No floor-mat work, chairs available.

*£7 per 60 minute session*

*Bring a friend for FREE  
if they have not previously  
registered with us*

For other classes & more information call

# 01725 514546

[www.longwatertaichi.co.uk](http://www.longwatertaichi.co.uk)



Certified Instructors

*You won't know how nice it is until you try it!*